

Prostate Saffron Contraindications/Medication Interactions

Special Precautions and Warnings

Pregnancy and breast-feeding

Taking saffron by mouth in amounts larger than what is normally found in food is **LIKELY UNSAFE**. Larger amounts of saffron can make the uterus contract and might cause a miscarriage.

There isn't enough reliable information to know if saffron is safe to use when pregnant or breast-feeding. Stay on the safe side and stick to food amounts.

Bipolar disorder

Saffron seems to be able to affect mood. There is a concern that it might trigger excitability and impulsive behavior (mania) in people with bipolar disorder. Don't use saffron if you have this condition.

Allergies to Lolium, Olea (includes olive), and Salsola plant species

People who are allergic to these plants might also be allergic to saffron.

Diabetes

Saffron might affect blood sugar levels. Watch for signs of low blood sugar (hypoglycemia) and monitor your blood sugar carefully if you have diabetes and use saffron.

Heart conditions

Saffron might affect how fast and how strong the heart beats. Taking large amounts of saffron might worsen some heart conditions.

Low blood pressure

Saffron might lower blood pressure. Taking saffron might make blood pressure become too low in people with low blood pressure.

Surgery

Saffron slows down the central nervous system. Anesthesia and other medications used during surgery also affect the central nervous system. The combined effects might be harmful. Stop taking saffron at least two weeks before a scheduled surgery.

